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**EPILEPSY**  
**NEW ZEALAND**

*Kia titiro ki te tangata | See the person*



# SEIZURE - FIRST AID

## Collapsed & Shaking? Epilepsy Seizure?

- Cushion person's head
- Note the time
- Roll the person into stable side position when convulsions have ceased
- Stay with the person until fully aware

### *Stable side position*



**DON'T** put anything in mouth, restrain or move unless in danger

### **Call ambulance on 111 when:**

- You don't know person has epilepsy
- Seizure exceeds 5 minutes
- Second seizure follows
- Person is injured
- In doubt

